

WHAT IS CLAIMED IS:

1. A handle for a carrying case, the handle comprising:

a first portion comprising an upper portion and a lower portion, the upper portion defining a receiving area and the lower portion defining a first carrying case engagement portion; and

a second portion comprising an upper portion and a lower portion, the upper portion defining a nesting part that nests within the receiving area when the handle is in use and the lower portion defining a second carrying case engagement portion;

wherein the nesting part pivots within the receiving area.

2. A handle in accordance with claim 1 wherein the first and second carrying case portions each comprise a single elongated portion that is received by the carrying case.

3. A handle in accordance with claim 1 wherein the first and second carrying case portions each comprise two individual parts that are received by the carrying case.

4. A handle in accordance with claim 1 wherein the first portion may be separated from the second portion.

5. A handle in accordance with claim 1 wherein the nesting part is secured within the receiving area.

6. A carrying case comprising a body, at least two handle engagement portions and a handle, the handle comprising:

a first portion comprising an upper portion and a lower portion, the upper portion defining a receiving area and the lower portion defining a first carrying case engagement portion that engages at least one of the at least two handle engagement portions; and

a second portion comprising an upper portion and a lower portion, the upper portion defining a nesting part that nests within the receiving area when the handle is in

use and the lower portion defining a second carrying case engagement portion that engages at least one of the at least two handle engagement portions;

wherein the nesting part pivots within the receiving area.

7. A carrying case in accordance with claim 6 wherein the carrying case comprises two handle engagement portions and the first and second carrying case portions each comprise a single elongated portion that is received by a respective handle engagement portion.

8. A carrying case in accordance with claim 6 wherein the carrying case comprises four handle engagement portions and the first and second carrying case portions each comprise two individual parts that engage two respective handle engagement portions.

9. A carrying case in accordance with claim 6 wherein the first portion may be separated from the second portion.

10. A carrying case in accordance with claim 6 wherein the nesting part is secured within the receiving area.

11. A method of varying dimensions of a carrying case comprising a body, at least two handle engagement portions and a handle, the method comprising:

providing the handle comprising:

a first portion comprising an upper portion and a lower portion, the upper portion defining a receiving area and the lower portion defining a first carrying case engagement portion that engages at least one of the at least two handle engagement portions; and

a second portion comprising an upper portion and a lower portion, the upper portion defining a nesting part that nests within the receiving area when the handle is in use and the lower portion defining a second carrying case engagement portion that engages at least one of the at least two handle engagement portions;

wherein the nesting part pivots within the receiving area;

varying a width of the body; and

pivoting the nesting part within the receiving area in order to move the carrying case engagement portions to accommodate the width of the body.

- 1                    12.     An ergonomic handle for bags, carrying cases and the like, the handle
- 2   comprising a male portion and a separate female portion, wherein the male portion nests
- 3   within the female portion and is capable of pivoting relative thereto.

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